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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

October 9, 1944

### SERVING MANY

(Formerly Institutional Food Service)

U. S. DEPARTMENT OF AGRICULTURE  
According to the War Food Administration's recent National survey, nearly half of the workers in manufacturing industries obtain food from lunch stands, canteens, food wagons, and food dispensers. Sandwiches are an important part of the lunch menu for these workers - and for many others who find it inconvenient or impossible to secure a plate lunch.

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### Standards for Sandwiches:

U. S. DEPARTMENT OF AGRICULTURE  
Sandwiches should contain substantial and appetizing fillings that provide good quality protein and other essential nutrients. They should be made of two full slices of bread (all white bread should be enriched), spread with at least one-half ounce of butter or fortified margarine, and filled with not less than 1-1/2 ounces of sliced meat, chicken or cheese, or with 1-1/2 to 2 ounces of mixed fillings such as chopped meat, chicken, egg, and fish salads, cottage cheese, baked beans, and nut spreads. A sandwich made according to these directions can be expected to supply about 400 calories.

Salad dressing and mustard-flavored "spreads" add some caloric value and flavor to sandwiches but are not a substitute in nutritive value for butter and fortified margarine, and they should not be used in place of butter or fortified margarine.

### Plentiful Foods for Sandwiches:

Peanut butter, citrus marmalade, and other fruit jams and jellies are plentiful foods this month. Sandwiches made with a filling of peanut butter and marmalade or other tart conserve are easy to prepare and usually are well liked.

Peanut butter is a rich source of protein and contains appreciable amounts of the B Vitamins.

Citrus marmalade, combined with cream or cottage cheese, extends the cheese, and makes a good sandwich.

No-point meats that are reasonably plentiful include Utility grade beef, unrationed cuts of pork, and the variety meats. When properly prepared these meats make delicious sandwich fillings, high in food value.

(over)

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

Industrial Feeding Section-Room 700-821 Market Street San Francisco, 3, California  
Telephone Exbrook 8381-Ex, 47

Breads for Sandwiches:

Bread may be purchased already sliced, or it may be sliced,  $\frac{3}{8}$  to  $\frac{1}{2}$  inch thick, depending on the kind of filling used. White, whole-wheat, cracked-wheat, and rye breads may be appropriately used for most sandwiches. "Two-toned" sandwiches may be made with a slice of white and a slice of whole-wheat bread, to increase the use of whole-grain cereal. The occasional use of special breads, such as steamed brown bread, nut bread, and fruit breads, give an interesting variety to sandwiches. Simple fillings, such as cream cheese and sliced American cheese, are the most suitable to combine with these fancy breads.

How to Make Sandwiches:

1. Allow plenty of working space and assemble all the necessary food supplies, utensils and cutlery.
2. Prepare the fillings before beginning to spread the sandwiches. If lettuce is to be used it should be washed, drained and chilled previously.
3. Soften butter or margarine by allowing it to stand at room temperature and then whip it in the electric mixer. Melted butter should not be used.
4. Arrange slices of bread in even rows on the work surface, with the slices matched in size.
5. Place a spoonful of butter or fortified margarine in the center of each slice.
6. Spread bread to the edges. Buttering both slices prevents soaking of the bread when moist filling mixtures or fresh vegetables are used.
7. When using sandwich mixes measure them with a large spoon or a number 24 ice-cream scoop. In this way a uniform serving may be obtained. Place fillings on alternate slices of bread, spreading the filling evenly.
8. Put slices of bread together and press firmly. Wrap in waxed paper or place in a waxed bag.
9. Label each sandwich.

Amounts needed for 100 Sandwiches:

Butter or fortified Margarine	3 pounds	(Allows $\frac{1}{2}$ ounce per sandwich, or spread for 2 slices of bread.)
Bread	8 Pullman	(A 2-pound Pullman loaf, 14 inches long, is usually cut into 24 slices besides the two end crusts).
Mayonnaise	1 Quart	(Allows 2 teaspoons per sandwich).
Mixed Fillings	6 Quarts	(Allows one No. 24 scoop, or about $1\frac{1}{2}$ ounces per sandwich).
Sliced Meats	10 Pounds	(Allows $1\frac{1}{2}$ ounces sliced meat per sandwich)
Sliced Cheese	8 Pounds	(Allows $1\frac{1}{2}$ ounces cheese per sandwich)
Peanut Butter	8 Pounds	(Allows 1 ounce, or 2 Tbsps. per sandwich)
Lettuce	6 Heads	(Allows one small or $\frac{1}{2}$ Large leaf per sandwich).



Fillings for 100 Sandwiches:

Peanut Butter Spreads:

1. Peanut butter, 6 pounds; honey, 1-1/2 pounds.
2. Peanut butter, 6 pounds; citrus marmalade, 2 pounds.
3. Peanut butter, 6 pounds; shredded raw carrot, 3 pounds.
4. Peanut butter, 6 pounds; minced cooked bacon, 1 pound.
5. Peanut butter, 6 pounds; orange juice, 1 pint.

Meat Mixtures:

1. Ground cooked beef, 6 pounds; 1 dozen minced hard-cooked eggs; 1-1/2 quarts shredded raw carrots; 1-1/2 quarts mayonnaise; 1 tablespoon salt; 1/2 teaspoon pepper.
2. Ground cooked liver, 5 pounds; 1 dozen minced hard-cooked eggs; 2 pounds bacon, cooked and minced; 1 quart mayonnaise; 1/4 cup prepared mustard; 1/2 cup minced onion.
3. Chicken giblets from 12 chickens, cooked and minced; 2 dozen minced hard-cooked eggs; 1 cup thin cream or evaporated milk; 1/4 cup minced onions; 1/4 cup Worcestershire sauce; 1 cup tomato catsup; 1 ounce salt.
4. Boiled sliced tongue, 10 pounds; whipped butter, 1-1/2 pounds, seasoned with 1/2 cup bottled grated horseradish; 1/4 cup minced onion; 1/2 cup chopped parsley (or water cress). Blend seasonings thoroughly with butter and use as spread for bread.
5. Ground cooked pork, 5 pounds; diced celery, 1-1/2 quarts; chopped green pepper, 1 cup; cooked salad dressing, 1 quart.

Cheese Fillings:

1. Cottage cheese, 6 pounds; minced green pepper, 1-1/2 cups; paprika, 2 teaspoons; French dressing, 1/2 cup.
2. Cream cheese, 18 3-ounce cakes; chopped salted peanuts, 1 pound. Season to taste. Thin to spread easily with coffee cream.
3. Cream cheese, 18 3-ounce cakes, blended with 1 quart (2 pounds) citrus marmalade.
4. Processed cheese, ground, 2 pounds; 1 dozen minced hard-cooked eggs; 3 tablespoons finely chopped onion; 1-1/2 cups salad oil; 1/2 cup lemon juice; 1 cup shredded pimientos.
5. Processed cheese, ground, 4 pounds; 2-1/2 cups chili sauce; 1/3 cup finely chopped chives (or onion).

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RECIPE -WHOLE WHEAT NUT BREAD

Ingredients	Measure	100 Portions		500 Portions	
		Weight		Measure	Weight
Whole-wheat flour		2 Pounds	10 ounces		13 Pounds
Enriched Flour		2 Pounds	10 ounces		13 Pounds
Baking Powder		5 ounces			1 Pound 8
Salt		2 ounces			10 Ounces
Brown sugar		2 Pounds	14 ounces		14 pounds
Chopped peanuts		1 Pound			5 pounds
Raisins; seedless		1 Pound,	8 ounces		7 pounds
Milk	1-1/2 Qts.			7 Quarts	
Eggs, whole		1 Pound			5 pounds, 8c
Shortening		4 Ounces			1 pound, 4 oz.

Yield - 14 loaves, weighing about 1-1/8 pounds each, cut into about 15 slices per loaf (1 portion - 2 slices).

- Method: 1. Sift white flour, baking powder, and salt together twice.  
 2. Add remaining dry ingredients to flour mixture. Mix well.  
 3. Combine the beaten eggs, milk, and melted shortening.  
 4. Make well in center of flour mixture, pour in liquid, and mix just enough to blend the ingredients.  
 5. Pour into well-greased bread pans. Let stand 1/2 hour.  
 6. Bake in moderate oven (350°F.), about 1 hour.  
 7. Use plain or for sandwiches.

PRUNE BREAD

Ingredients	Measure	100 Portions		500 Portions	
		Weight		Measure	Weight
Dried uncooked Prunes		5 pounds			25 pounds
Enriched Flour		10 pounds			50 pounds
Baking Powder		6 ounces			1 pound 12 oz.
Baking Soda		1 1/2 ounces			7 ounces
Salt		3 ounces			14 ounces
Granulated Sugar		1 pound			5 pounds
Shortening		1-1/2 pounds			7 pounds
Grated Orange Rind	1 cup			1 quart	
Eggs, whole		1 pound 12 ounces			8 pounds
Fluid Milk	3 1/2 cups			1 gallon	

Yield - (1 portion - 2 slices) 14 loaves 9"x5"x3", weighing about 1-1/2 pounds ea.  
 Cuts 20 slices per loaf.

- Methods: 1. Wash prunes and let stand in boiling water until swelled. Drain.  
 2. Remove pits and chop prunes medium fine.  
 3. Sift dry ingredients together twice.  
 4. Mix shortening with flour until granular in appearance. Add orange / rind.  
 5. Add prune pulp to flour-fat mixture.  
 6. Beat eggs, combine with milk and stir into first mixture.  
 7. Pour into well-greased loaf tins and bake in moderate oven 350° F. 1 hour or until done.  
 8. Spread with butter or cream cheese for sandwiches.